

# BBB NEWSLETTER

January - February 2023

Welcome! Bellies, Babies & Beyond (BBB) created a newsletter to connect with community partners and members.

The BBB Newsletter is a bi-monthly snapshot of all things BBB. We will inform you of our class schedule, community engagement events, and bring awareness to important maternal and child health topics.

We hope you enjoy!

## Aspire Men's Recovery Conference 2022 "Aspire Celebrates You"



Art Howell, BBB Program Manager presented at the Aspire Men's Recovery Conference 2022, "Healthy Man – Healthy Father" highlighting the importance of:

- Men seeking access to routine healthcare.
- Delaying to seek medical attention and ignoring symptoms is associated with increased mortality and morbidity.
- A healthy man is a healthy father.
- Mental health affects your physical health and physical health affects your mental health.
- Find resources in your church or your community to take charge of your health.

## Did you know, January is National Birth Defects Awareness Month?

The Center for Disease Control and Prevention recognizes January as National Birth Defects Awareness Month. Birth defects can happen for many reasons. Although not all birth defects can be prevented, families can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant.

Awareness of birth defects across the lifespan helps provide individuals, parents, and families affected by birth defects the information they need to seek proper care!



# Upcoming Classes:

## Benefits of Breastfeeding

January 9 & February 13 (English)

7:00 p.m. - 8:00 p.m.

Location: Virtual (Microsoft Teams)

January 23 & February 20 (Spanish)

7:00 p.m. - 8:00 p.m.

Location: Virtual (Microsoft Teams)

## Childbirth Class

January 7 & February 4 (English)

January 21 & February 18 (Spanish)

9:00 a.m. - 4:00 p.m.

Location: Lake Ellenor Auditorium

6101 Lake Ellenor Drive, Orlando, FL 32809

January 3, 10, 17, 24 (English)

February 7, 14, 21, 28 (English)

6:30 p.m. - 9:30 p.m.

Location: Lake Ellenor Auditorium

6101 Lake Ellenor Drive, Orlando, FL 32809

## E.A.M.I.

*Educación y Apoyo a Mujeres e Infantes*

January 25

February 1, 8, 15, 22

March 1

6:30 p.m. - 8:30 p.m.

Location: Virtual (Microsoft Teams)

*E.A.M.I. is the Spanish speaking version of W.I.S.E.*

For 24/7 DAD class  
dates & time contact  
Luc Desir at 407-276-6816



## Safe Ride 4 Babies Car Seat Class

January 6 & February 3

9:00 a.m. (Spanish)

11:00 a.m. (English)

Location: 475 Story Rd

Ocoee, FL 34761

## W.I.S.E.

*Women Infant Support Education*

January 9, 16, 24, 30

February 6, 13

6:00 p.m. - 8:00 p.m.

Location: Virtual (Microsoft Teams)

Scan the QR code to  
sign up for classes!



Want to collaborate on a community event? Contact our Community Engagement Coordinator Charnae DeBose at (407) 723-5407 or [charnae.debose@flhealth.gov](mailto:charnae.debose@flhealth.gov)